



THE WELL STREET JOURNAL

For School Administrators



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The Well Street Journal is published bi-annually by the Arizona Department of Education.

The Well Street Journal is a tool to update administrators, school nurses, and food service directors on current legislation and general health concerns, that affect the wellbeing of Arizona students.

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Summer Food Service Program Serves Up More Than Just Good Nutrition

Are there children in your community who will go hungry this summer? Children in low-income communities are eligible to receive free or reduced-price meals during the school year through the National School Lunch and School Breakfast Programs. But those programs end when school ends for the summer. The Summer Food Service Program (SFSP) helps fill the hunger gap so children return to school in the fall, nourished and ready to learn.

Good nutrition is essential for effective learning every day, all year long. Just as learning does not end when school lets out, neither does the need for good nutrition. Children who aren't hungry learn better, behave better, and feel better. The SFSP helps children get the nutrition they need to learn, play, and grow throughout the summer months when they are out of school.

The Summer Food Service Program was created to ensure that children in lower-income areas could continue to receive nutritious meals during long school vacations, when they do not have access to school lunch or breakfast. Although millions of children depend on nutritious free and reduced-price meals and snacks at school for 9 months out of the year, just a fraction of that receive the free

meals provided by the SFSP during the summer months.

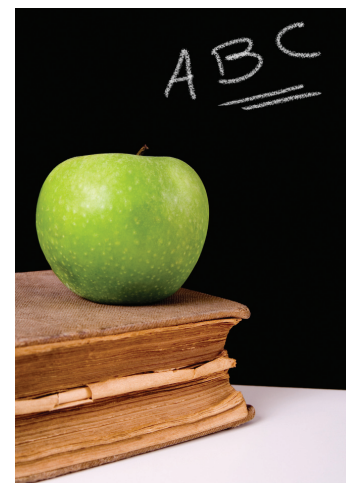
The SFSP is the single largest federal resource available for local sponsors who want to combine a feeding program with a summer activity program. However, many schools and summer recreation programs are not aware that federal funds are available to provide free meals and snacks to children in needy areas during the summer months. SFSP sponsors receive payments for serving healthy meals and snacks to children and teenagers, 18 years and younger, at approved sites in low-income areas. Schools, public agencies, and private nonprofit organizations may apply to sponsor the program. All sponsors receive training before starting the program to learn how to plan, operate, and monitor a successful food service program. You may register online at www.ade.az.gov/online/registration for upcoming trainings sponsored by the Arizona Department of Education.

SFSP draws children into supervised activities that are safe, fun, and filled with learning opportunities. Children benefit nutritionally by receiving complete, wholesome meals, and parents benefit from some help in stretching their

food dollars. The program encourages communities to provide safe places for children to go to be with other children and supportive adults. Parents know their children are receiving healthy meals in a supportive environment. Organizations receive funds to provide meals to complement recreational and educational programs that they have already planned.

Why not take advantage of this valuable resource to provide nutritious meals to children in your community? Contact Patricia Johnson at (602) 542-8782 or Traci Grgich at (602) 364-1625 to learn more about the Summer Food Service Program today. Or visit our website at: www.ade.az.gov/health-safety/cnp/sfp

Source: www.fns.usda.gov/cnd/summer/about/index.html



Free MolarMan Dental Health DVD for Hearing Impaired

The Healthy Smile Foundation has received a grant from the Arizona Community Foundation to produce an oral health educational DVD in American Sign Language (ASL) for hearing impaired children in Arizona elementary schools. The grant funding is limited to 250 DVDs, so the first 250 elementary schools that request this free educational package will receive the MolarMan DVD and study companion coloring workbook at no charge. The non-profit Healthy Smile Foundation (HSF) was created to provide oral health education, toothbrushes and toothpaste to needy children for the prevention of tooth decay and tobacco use. To request this oral health educational package for your hearing impaired students, please email HSF@MolarMan.com, call (602) 944-7517, or mail The Healthy Smile Foundation, 938 E. Lois Lane, Phoenix, AZ 85020-1189.

Along with the ASL version, the

English and Spanish language versions of the MolarMan oral health show video are also on this new DVD. To repeat, only 250 DVDs are available through this grant for hearing impaired children, so only the first 250 schools responding will receive this free DVD educational package for their ASL students.

Who is "MolarMan"?

"How can we get our kids to brush their teeth?" school nurses, teachers and parents often ask retired family dentist and executive director of the Healthy Smile Foundation, Dr. Gary Johnson. To make tooth decay prevention and personal oral hygiene more fun and exciting for children, Dr. Johnson created a new superhero, "MolarMan," to present at dental health shows in elementary and preschools. MolarMan teaches kids to help him fight tooth decay with fun posters and songs, and motivates them to

have better dental hygiene, eat healthy snacks and say no to alcohol, harmful drugs, chewing and smoking tobacco. After the half hour program, each teacher receives the MolarMan coloring workbook to review the subject material with their students.

The MolarMan oral health show video, "The Adventures of MolarMan" is now available on a DVD with versions in English, Spanish and American Sign Language. The DVD also contains printable MolarMan coloring workbook pages, karaoke songs to sing-along with MolarMan, and printable Smile Club membership cards. The bilingual coloring workbook, "The Adventures of MolarMan," is printed in English and Spanish, and is very helpful in reinforcing the subject material for English speaking and ELL students. The MolarMan DVD and coloring workbook educational package may be ordered at www.MolarMan.com.

What is the "Smile Club"?

The Smile Club at MolarMan.com was established to help children develop good health habits and to make available oral health educational materials for school and home use. At no charge, parents and teachers may enroll their children in the Smile Club. At MolarMan.com, kids can learn about dental health, sing a karaoke song with MolarMan, and enter a coloring contest to win a MolarMan T-shirt. For more information, email MolarMan@MolarMan.com. Join the Smile Club and help MolarMan fight tooth decay!



Tools For Healthy Schools - The Next Step Update

As a result of the Child Nutrition and WIC Reauthorization Act of 2004, schools across America participating in the National School Lunch Program and School Breakfast Program were required to develop and implement Local Wellness Policies by the start of this school year. The new law placed the responsibility of developing a wellness policy at the local level, so that the individual needs of each district could be addressed. According to the requirements for the Local Wellness Policy, school districts were to set goals for nutrition education, physical activity, campus food provisions, and other school-based activities

designed to promote student wellness.

To help assist Arizona schools with the development of their policies last year Health and Nutrition Services conducted a series of one day conferences known as Tools for Healthy Schools. The conferences focused on how schools could approach the development of their wellness policy.

Now that school districts have developed their wellness policies what is next? Another provision of the law is that schools had to include a plan for measuring policy implementation. To

assist schools with the task of evaluating/assessing their wellness policy, the Health and Nutrition Services presented Tools for Healthy Schools – The Next Step! The conference received great reviews and participants enjoyed hearing presenters from the National Food Service Management Institute, a consultant of the Center for Disease and Prevention, International Food Information Council, and U.S. Department of Agriculture's Team Nutrition. The conference also included a panel of local experts, who have successfully implemented innovative programs in their schools such

as Breakfast in the Classroom, Recess before Lunch, and a weekend backpack program that sends food staples home with low income students.

Schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems associated with poor nutrition and physical inactivity. Health and Nutrition Services will continue to assist schools and organizations toward improving the health, nutrition and safety of students so they may benefit from the educational process and achieve their full potential.

Seven Tips For School Nurse Charting



Professional nursing practice in any setting requires diligent and consistent application of appropriate standards. Certain settings seem to lull nurses into a more casual attitude. School settings with their primary focus on academic achievement and accompanying distractions tends to lead to less diligence in many areas including documentation. Nursing practice does not change with the setting. Effective documentation is just as essential in the school setting as it is in the operating room or the intensive care unit. Here are some reminders that will help get your charting back on track.

1) Document, document, document...

"If it isn't documented, it wasn't done." This old adage continues to hold true. It is tempting to save minutes by skipping the documentation for a bandage change or some brief encounter with a student over a minor injury. Yet, many minor scrapes and injuries turn into infections and buckle fractures. If you note the appearance of the injury and other observations as well as your actions, you show that you took steps to provide prudent and appropriate nursing care.

2) One size does not fit all...

Be careful not to use the same note over and over again.

Use your nursing experience and knowledge to tailor each note to the individual student and their complaint.

3) Abnormal observations demand action...

Whenever you find and document an abnormality, always document your action and follow-up. Did the student have a temperature of 100F? What did you do? Who did you notify? Did you note and report swelling at the ankle following a fall? List your interventions including application of a splint or ice pack. Include any instructions that you gave the student such as "Don't put any weight on that foot." List verbatim any descriptive words that the student used such as "Can I go back to recess, now? My foot's fine." Document any instructions that you gave to the parent or guardian. Many parents genuinely forget that you advised an ER visit when complications develop later in the week.

4) Specifically identify individuals...

Don't just say that the student was picked up by his "grandmother," use her full name. Specify by name the parent that you contacted for notification of any problem and their response. If you sent or called in a report to risk management or similar department at your district, specifically name the person. If you contacted a physician, "MD aware" is not sufficient. Name the physician and chart specific information that you reported and the physician's responses. If a classmate or playground aide accompanied the injured student and gave information about the incident, note the comments and their name(s).

5) Date, time, signature...

Malpractice claims often center around the time that

something was or was not done. Your note should establish date, time, and identity. Your note should also state the time of particular interventions. If the student comes in at noon with a swollen ankle, ice and splint application at 12:03pm denotes efficient and appropriate care. Make an effort to insert times for key interventions even with a computerized system.

If you are fortunate enough to have computerized entry for your visits, the date, time and your identity are automatically included. Periodically check your computer's date and time for accuracy.

If you are charting manually, make sure that each page and/or entry includes date, time, and your signature. Use ink and write or print legibly. Illegibility is rarely excused in legal proceedings. If it can't be deciphered, it does not exist.

6) Be familiar with and follow your district's policies and procedures and document your compliance...

If your district requires a police report with all CPS referrals, make sure that you file a police report no matter how absent the bruises or how irritated the officer. Chart the report number. If you have a "no nit" policy, exclude the student despite the fact that lice do not carry disease and are not easily transmitted. Document your assessment before student is allowed to resume school attendance. Nothing is harder to justify or explain than adverse outcomes caused by your failure to follow a written policy or procedure because you decided to use your "common sense" or "intuition."

7) Details, details, details...

Remember how efficiently and without fail you charted the site and location of every injection in the hospital setting? Do you

recall charting lung sounds before and after an SVN? How about the blood glucose result five minutes after giving sugar and orange juice for hypo-glycemia? Nothing has changed! Chart the location of all injections even if they are routine. You probably use good sterile technique. Wouldn't you like to be able to prove that you didn't cause that abscess? Wouldn't it be nice to know without a doubt that you did not send them out of your office to their bus with a low blood glucose level?

Charting is done to defend against malpractice or negligence claims by establishing that the right thing was done by the right person at the right time. However, what we often forget is that our clients often decide to sue even when we have carried out our duty in an impeccable manner. Sometimes clients decide not to sue even when it is seemingly warranted. What accounts for these seemingly illogical responses? Most lawsuits arise from the relationship that you build with your client. Think about it this way, would you hesitate suing someone who was aloof, cold, and took no personal interest in your medical needs? What if they disregarded your privacy? Assaulted your dignity by talking down to you or by being dismissive? What if the school nurse rolled her eyes when you reported perfect compliance with your Susie's diabetic diet? Good nursing care is more than good technical care; it is also giving your patient a provider-patient relationship that inspires confidence, trust, and motivates your clients to better self-care. Clients who know that you care about them and are doing your best to provide good care are less likely to sue even if you make a mistake.

Phoenix Allergy Network

Phoenix Allergy Network is an educational food allergy support group for families. One of our goals is to bring awareness to the general public on the severity of food allergies and anaphylaxis. We are very aware of the struggles schools and families alike are facing with the ever growing population of food allergic students. It is estimated in Arizona alone that at least 40,000 students are affected by this serious medical condition. Studies also show that most anaphylaxis reactions occur in the actual classroom setting. To help ensure food allergic children's safety in the school setting and to also help the school staff feel confident in managing a food allergic child, Phoenix Allergy Network is working

together with the Department of Education and the Department of Health Services to establish a resource page on each of the fore-mentioned websites. This resource page will be developed by doctors and other medical professionals that deal with food allergies on a regular basis. This resource will address three key factors in managing food allergies: Prevent, Recognize, and Respond. Our hopes are that it will serve as a reference to help your school manage the food allergic child in the most clear, consistent and effective manner. Phoenix Allergy Network is also working towards placing a "Food Allergy School Kit" in every school in Arizona. These kits are produced by the Food Allergy & Anaphylaxis Network (FAAN)

and are a multi-media approach to managing food allergies in the school setting. We are currently trying to secure funding for this project.

Phoenix Allergy Network provides families and school personnel with great resources as well as support in managing students with food allergies. Meetings are held every other month and include a professional speaker addressing relevant food allergy topics. Also offered are outside activities for food allergic children and families. We value any suggestions or feedback you may have to offer. To find out more about the next meeting or about Phoenix Allergy Network please visit our website: www.phoenixallergynetwork.org.

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